

THE HEALTH AND HAPPINESS SERIES

THE PLAY ROAD TO HEALTH



NEWMAYER
AND BROOME

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SOON BILLY WAS FAST ASLEEP

The Health and Happiness Series

THE PLAY ROAD TO HEALTH

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THE PLAY ROAD TO HEALTH

E. P. 2

MADE IN U. S. A.

SUGGESTIONS TO TEACHERS

Before each play or story is acted it should be read in class and talked over. Children like to act, and children like competition. For that reason several children may be selected to compete for the same part or character. The trials for parts and the choosing of pupils for the characters can be made to arouse considerable interest in the class, especially if the children have the opportunity to participate in choosing the characters. Competition for parts will aid in overcoming the self-consciousness of all the children, — both those chosen and those not chosen.

There must be an audience, or there is little incentive to act. The plays are planned to be produced in the classroom. For that reason the number of characters who may participate in each play is limited.

In order to give further opportunities for all members of the class to participate, the teacher may have a play repeated, with the parts taken by new pupils. Also the other members of the class with books open may follow the acting with the text. There should be several rehearsals. The teacher should train the pupils in proper posture and in directing them as to how and where to stand while portraying the characters in the play.

CONTENTS

	PAGE
1. LAND OF GOOD HABITS	7
Habits	7
Billy Visits the Land of Good Habits	9
The Play: Land of Good Habits . . .	13
2. GOING TO MARKET	23
The Play: Going to Market	32
3. THE BIRTHDAY PARTY	38
4. HUNTING FOR A HOME	51
5. CLEAN-UP DAY IN GOOD-HABIT LAND .	60
The Play: Clean-up Day	68
6. THE STORM	76
7. SUNSHINE GIVES A PARTY	86
The Play: Sunshine Gives a Party .	99
8. THE MILL	106
9. A STRANGER APPEARS.	119
10. THE CIRCUS COMES TO TOWN	129
BILLY COMES BACK.	141



1. LAND OF GOOD HABITS .

HABITS

Billy had been playing hard. His face was wet and dirty. It was time to go to bed.



“Come, Billy,” said his mother. “Wash your face and hands. Clean your teeth. Then jump into bed.”

“I am sleepy, mother,” said Billy. “Please let me go right to bed.”

“If you go without washing, you will have a bad habit,” said his mother.

“Habit?” asked Billy. “What is a habit?”



“When you do a thing over and over again many times, you make a habit,” said his mother. “Bad habits make you do bad things without thinking. Good habits make you do good things without thinking.”



“Then if I have good habits, can I wash without thinking?” asked Billy.

“Yes. Hurry now and get ready for bed,” said his mother.

Billy ran away to the bathroom. When he came back to his mother he was clean.



He said his prayers. His mother kissed him good night. Soon he was fast asleep.

BILLY VISITS THE LAND OF GOOD HABITS

In a little while Billy was dreaming.

He dreamed that he was in a bright, sunny place. Boys and girls were playing on the grass.



“They seem to be having a good time,” Billy said to himself.

Two boys sat down on the grass near Billy.

Billy went up to them and asked, “What place is this?”

“This is Good-Habit Land,” said one boy.

“Good-Habit Land?” said Billy to himself. “Oh, yes. Mother was telling me about habits.” He wondered if all the boys and girls here had good habits.

He wondered if they did good things without thinking. He looked at the boys near him. Their faces were clean. Their teeth were strong and white.

"What is your name?" Billy asked the nearest boy.

"My name is Fred," he said. "This is my brother. His name is Harry. What is your name?"

"Billy."



"Can you swim?" asked Fred.

"Yes," said Billy.

"Come on, then. We know a fine place."

The boys ran to a stream across the meadow. The water was cool, and not too deep. The boys splashed each other and had much fun.



"Everybody in Good-Habit Land likes water," said Harry.

Soon the boys heard shouting. "Hurry up, boys!" cried Fred. "The King is coming."

The three boys dressed quickly. They ran to join the crowd. Harry and Fred had on blue sashes. Billy saw their names on their sashes, like this:

HARRY CLEAN-FACE

FRED CLEAN-FACE

Other children came running up. All of them had colored sashes. Their names were on the sashes. One little girl was named Betty Clean-Teeth. She had pretty white teeth. Another girl was Alice Clean-Hands. A good-looking boy was called Bob Exercise.

A boy with very red cheeks was Tommy Fresh-Air. A good-looking girl was Mary Good-Food.

Billy was glad these children had their names on their sashes. He did not have to ask their names. He wished that he had a sash, too.

The fathers and mothers of all the children were in the crowd. Billy saw Mr. and Mrs. Clean-Face talking with Mr. and Mrs. Good-Food. Fred took Billy to see his mother and father.

"This is a new boy, mother," said Fred. "His name is Billy."

Mrs. Clean-Face smiled and said, "I am glad you have come, Billy. Here is a sash for you." She tied a red sash around Billy's waist.



All stopped talking when the King came. The King was a very fine man. He was tall and strong. His eyes were bright. He had a crown on his head, and wore a white sash. The name on his sash was "King of the Land of Good Habits."



THE PLAY: LAND OF GOOD HABITS

The people in the play:

KING OF THE LAND	MARY GOOD-FOOD
OF GOOD HABITS	MR. AND MRS. FRESH-AIR
MR. CLEAN-FACE	TOMMY FRESH-AIR
MRS. CLEAN-FACE	MR. AND MRS. EXERCISE
HARRY CLEAN-FACE	BOB EXERCISE
FRED CLEAN-FACE	GUARDS
MR. CLEAN-HANDS	KING OF THE LAND OF
MRS. CLEAN-HANDS	BAD HABITS
ALICE CLEAN-HANDS	DIRTY-HANDS
MR. CLEAN-TEETH	DIRTY-FACE
MRS. CLEAN-TEETH	DIRTY-TEETH
BETTY CLEAN-TEETH	FOUL-AIR
MR. GOOD-FOOD	NO-EXERCISE
MRS. GOOD-FOOD	POOR-FOOD

(The people of Good-Habit Land sing as the King comes marching in. He seats himself on a throne and the people stand near him.)

All (to tune of "America"):

Land where our eyes are bright,
Land where our hearts are light,
Gladly we sing!
We love our happy land,
Strong may she ever stand!
Cheer for Good-Habit Land!
Long live our King!



King: Friends, I know how you love our country. I know that you are glad to work for it. I shall ask you to tell us what you do for the children of Good-Habit Land. I shall first call on one of the Clean-Faces. Mrs. Clean-Face, tell us what you do.

Mrs. Clean-Face: I help children to form the habit of keeping their faces clean.

My boys have clean faces, and clean bodies, too. One cannot have a pretty skin if it is covered with dirt. I teach children how to use soap and water. My brother Clean-Hands works with me.

Mr. Clean-Hands: Would you like to have us show you how we work?

King: Yes, do.



(Mrs. Clean-Face and Mr. Clean-Hands bring a small boy before the King. They teach the boy how to wash his face and hands. All the people of Good-Habit Land watch them.)

King: I am sure no boy or girl will ever forget to keep hands and face clean. Next let us hear from the Clean-Teeth family. Come, Betty. You can tell us what you do.

Betty Clean-Teeth: We show boys and girls how to brush their teeth. Every child in the land needs our help. Each boy and girl was given two rows of pretty teeth. They should be kept white and shiny. I carry a brush. I have powder or paste. I place some on my brush. I will show you the right way to brush your teeth.



(Betty works her brush up and down, and in a circle.)

King: Now, my good people, please listen. If we do not have the habit of brushing our teeth every night, they will get dirty. Holes may come in them and make them hurt. Besides, if we keep our teeth clean, our food tastes better. Now let us hear from Mary Good-Food.



Mary Good-Food: I teach children to eat all kinds of good food. I help boys and girls to grow. I make them strong. They need many kinds of food. Here are some of the best: Milk, Brown Bread, Oatmeal, Tomatoes, Oranges, Carrots, and Spinach.

(A boy or girl holds up a picture of each food when Mary names it. Or the food itself may be shown.)

King: Now it's your turn, Tommy Fresh-Air. Tell us what you do.

Tommy Fresh-Air: I help children to form the habit of getting fresh air to breathe. I tell them to play outdoors in the sun. I tell them to open the windows when they go to bed. Fresh air makes them feel well.



King: Tommy has a friend with him. Let's hear him next. Bob Exercise, what do you do for the children of Good-Habit Land?



Bob Exercise: I go around with Tommy and teach children to take walks and to play outdoors. I help them to form the habit of taking exercise. I make every one strong. I will show you a few of my tricks.



(He has a paper box marked "100 pounds." He lifts the box up and down, and does a few simple exercises.)

King: I am proud to be your King. We are all well. We are all happy. The boys and girls in our land soon learn all the good habits. They are glad to live in Good-Habit Land.

(Two guards rush in.)

Guards: Our good King, be ready! Look, here come our enemies! The Bad Habits are coming down the road!

King: We do not fear them. We have many good habits with which to fight them.



(The Bad Habits come in. Their clothes are dirty. They wear dirty gray sashes. Each has his name on his sash. The King of Bad-Habit Land leads them. He speaks to all the people.)

King of Bad-Habit Land: People of Good-Habit Land, these are my people, and I am their King. We are from Bad-Habit Land. We have come to live in this country. You must do as we do. You must choose me for your King and drive away this other King. Listen to some of my people.



THE BAD HABITS COME TO THE KING

Dirty-Hands: Stop washing your hands! It takes too much time. We all do as we like, and we have much fun.

Dirty-Face: Don't wash your face or your body. The water makes you wet and cold.

Dirty-Teeth: Throw away your brushes. You don't need them! Don't brush your teeth.



Foul-Air: Don't open your windows. It is too much work.

No-Exercise: Why do you walk and run so much? Sit still and you won't be so tired.



Poor-Food: Eat candy and pickles. They taste better than the food you eat.



(The people of Good-Habit Land all laugh.)

Mr. Fresh-Air: Go away! This is no place for Bad Habits.

Mr. Clean-Face: We like clean people, not dirty people like you.

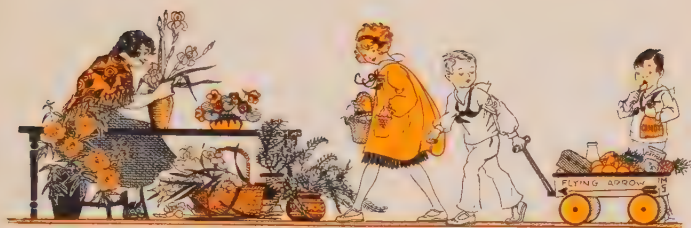
Mr. Exercise: You are not wanted here. We want people who are strong and well. Go away, go away!

Bad Habits: No, no. We won't go away!

King of Good-Habit Land: Then we will make you go!

(Good Habits drive Bad Habits away.)





2. GOING TO MARKET

“I am going to market, Billy,” said Mary Good-Food one morning. “Will you go with me?”



“Yes, Mary,” said Billy.

The market was a very clean place. Some of the stalls had pretty flowers for sale. Others had fresh vegetables. There were red beets, green lettuce, golden carrots, and white onions. They were as pretty as flowers. In the dairy stalls there were brown and white eggs, milk, cream, yellow butter, and cheese.

The fruit stalls had blue plums, yellow lemons, golden oranges, and red apples. Billy thought they were prettiest of all.

“Mother gives me a list every day and lets me buy the food,” said Mary. “That is the way I learn what is good for me.”

First they stopped at a dairy stall.

“Good morning, Mr. Milkman,” she said. “Please give me a quart of milk.”

“All right,” said the milkman. “Milk is the best food for children.”



“Give me a dozen eggs, too,” said Mary.

“I don’t like eggs,” said Billy.

“Eggs make children grow strong,” said the milkman. “They are better than meat for children.”

"Now we must go to the grocer's," said Mary.

"Good morning, Mary," said the grocer. His eyes twinkled when he smiled. "What can I do for you to-day?"

"Please give me some oatmeal," said Mary.



"Oatmeal?" asked the grocer.

"Yes, sir," said Mary. "Mother says we need oatmeal to build up our bones and our muscles."

"Does oatmeal do that?" asked Billy.

"Oh, yes, and it makes good red blood," answered the grocer.

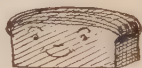
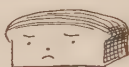
"I'll show you my muscle," said Billy. Then he rolled up his sleeve.

"That is fine," said the grocer.

Next they went to the baker's.

"I should like some whole wheat bread," said Mary to the baker.

"Why don't you buy white bread?" asked Billy.



"Because white bread is not so good for us," answered Mary.

Mary stopped next at a vegetable stall.

The vegetable man asked, "What will you have?"

"I'll take a head of lettuce and two pounds of tomatoes for salad," said Mary. Then she bought spinach, beets, and potatoes.

"Now we shall get some fruit," said Mary. "Come over here to the fruit stall with me."





BILLY AND MARY AT THE FRUIT STALL

They looked at the beautiful piles of oranges and apples. Both looked so good she did not know which to take.

“I know,” said Billy. “Get some of each.”

And that is what she did.



“You haven’t any tea or coffee,” said Billy.



“Oh, no,” said Mary. “They are not good for children. If you drink tea and coffee now, you will be thin and pale.”

Just then they came to a candy stall. The candy woman said, “Will you have some candy to-day?”

Billy hoped that Mary would buy some candy, and she did.



“Mother lets us eat candy after our meals,” she said.

At the candy stall they saw a thin little boy buying candy. He had an all-day sucker stuck in his mouth.

“Still eating candy, Sam Slim?” asked Mary.



“Yes, I like candy and cake,” said Sam.

Billy saw that Sam Slim looked smaller and weaker than the boys in Good-Habit Land. He wondered why.

“Do you drink milk?” asked Billy.

“No, I don’t like milk,” said Sam Slim.

“Do you eat eggs and vegetables?”

“No, I don’t like them, either.”

“Then you will never grow big and strong,” said Billy.

Billy rolled up his sleeve. “Look at my muscle,” said he. “Let’s see yours.”

But Sam Slim had a very small muscle.
His arm was soft.

He offered a sucker to Mary.



"No, thank you," she said. "It is too early in the morning."

"Huh, that's nothing," said Sam.
"I've had two already."

All at once a big fire truck full of firemen rushed by.

"Come on," shouted Billy. "Let's go to the fire!"

He and Mary began to run. Sam Slim ran, too, but he could not keep up with the other two.



The two children were soon at the corner where the fire truck stopped. Sam stopped running. He was out of breath and had to walk slowly.

"I can't run so fast as you," he said.

"I know why," said Billy. "It is because you eat so much candy and cake. You must eat good food to make you strong."



"Mother makes us eat some of every kind of food on the table," said Mary. "That is why we are well and strong."

"I'd like to be strong," said Sam Slim. "I think I'll drink milk and eat eggs and vegetables. Then maybe I can run, too."

"Try it, Sam," said Mary. Then she and Billy went home.

When you have read this story, you can make up a play from it. The play you make will be about like the one on pages 32 to 37, but you may wish to change it a little. You may make your play longer or shorter.

THE PLAY: GOING TO MARKET

The people in the play:

BILLY

MARY GOOD-FOOD

MILKMAN

GROCER

BAKER

VEGETABLE MAN

FRUIT MAN

CANDY WOMAN

SAM SLIM

Mary Good-Food: I am going to market,
Billy. Will you go with me?

Billy: Yes, Mary.

Mary: Mother gives me a list every
morning and lets me buy the food. That
is the way I learn what is good for me.

(They stop at the milkman's stall.)

Mary: Good morning, Mr. Milkman.
Please give me a quart of milk.

Milkman: All right. Here it is. Milk
is the best food for children.

Mary: Give me a dozen eggs, too.

Billy: I don't like eggs.

Milkman: Eggs make children grow strong. They are better than meat for children.

Mary: Now we must go to the grocer's. Come this way.

Grocer: Good morning, Mary. What can I do for you to-day?

Mary: Please give me a package of oatmeal.

Grocer: Oatmeal, did you say?

Mary: Yes, sir. We eat oatmeal to build up our bones and our muscles.

Billy: Does oatmeal do that?

Grocer: Oh, yes, and it makes good red blood.

Billy: I'll show you my muscle.

Grocer: Ah, that is fine.

(They next visit the baker's stall.)

Mary: I should like a loaf of whole wheat bread.

Billy: Why don't you buy white bread?

Mary: Because white bread is not so good for us.

(They stop at the vegetable stall.)

Vegetable Man: What will you have?

Mary: I'll take a head of lettuce and two pounds of tomatoes for salad.

Vegetable Man: Anything else?

Mary: Yes, please give me five pounds of potatoes, two pounds of spinach, and three bunches of beets. . . . Now we shall get some fruit.

(At the fruit stall.)

Shall we get oranges or apples, Billy?

Billy: Both look good. Let's take some of each.

Mary: Give me six oranges and six apples.

(At the candy stall.)

Candy Woman: Will you have some candy to-day?

Billy: Will you buy some candy?

Mary: Yes, mother lets us eat candy after our meals. *(To Candy Woman.)* Let me have ten cents' worth of this kind.

(The children see Sam Slim, sucking an all-day sucker.)

Mary: Hello, Sam. Still eating candy?

Sam Slim: Yes, I like candy and cake.

Billy: You don't look so well and strong as the boys of Good-Habit Land. Do you drink milk?

Sam Slim: No, I don't like milk.

Billy: Do you eat eggs and vegetables?

Sam Slim: No, I don't like them, either.

Billy: Then you will never grow big and strong. Look at my muscle. Let's see yours.

Sam Slim: No, I won't. You would laugh at me. Mary, have a sucker?

Mary: No, thank you. It is too early in the morning.

Sam Slim: Huh! I've had two already.

(They hear a fire truck rush by.)

Billy: Come on! Let's go to the fire!

(Billy and Sam start to run. Mary puts down her basket and runs, too. Sam soon falls behind, because he cannot run fast.)

Sam Slim: Wait! I can't run so fast. I am out of breath.

Billy: I know why. It is because you eat so much candy and cake. You must eat good food to make you strong.

Mary: Mother makes us eat some of everything on the table. That is why we are strong and can run fast.

Sam Slim: I'd like to be strong. I think I'll drink milk and eat vegetables and eggs. Then maybe I can run as fast as you.

Mary: Try it, Sam. I know you will soon be as strong as Billy and I.





3. THE BIRTHDAY PARTY

When Mary Good-Food went home, she told her mother about Sam Slim.

“Mother, Sam looks very thin and pale,” said Mary. “He eats candy all the time.”



“Let’s ask him to make us a visit,” said Mrs. Good-Food. “Then we can help him form better habits.”

“Oh, let’s do,” cried Mary. “Billy and I will go right away and see if he can come.”

Soon they came back. Sam Slim was with them.

"I am glad you came, Sam," said Mrs. Good-Food. "I hope you will have a good time. This is Mary's birthday. I have invited some of her friends to spend the day with her."



"Oh, mother, how nice!" said Mary.

"Dinner will be ready at one o'clock. You may play until then," said Mary's mother.



The children began to come to the party. Harry and Fred Clean-Face were the first. Alice Clean-Hands and Betty Clean-Teeth came together. Bob Exercise and Tommy Fresh-Air came with Jane Straight and Frances Strong.

“Let’s run races,” said Bob.

“All right,” said Mary. “We’ll choose sides and have a relay race.”

Harry, Alice, Billy, Jane, and Sam were on one side. Fred, Betty, Frances, Tommy, and Bob were on the other side. Mary was the starter.

The children lined up in two rows. Harry was captain of one row and Fred was captain of the other. Mary gave each side a handkerchief.

“You must run to the oak tree,” she said. “You must touch the tree with the handkerchief. Run back to your line. Give the handkerchief to the one next in line. Each one must run to the tree and touch it with the handkerchief. The side that finishes first wins the race.”

Then Mary said, "One, two, three, go!"



Harry and Fred ran first. They reached the oak tree at the same time. The children in each line were jumping and clapping their hands. "Come on, Harry!" cried the children in his line. "Hurry, Fred!" shouted the children in Fred's line.

Each child in turn ran with all his might. At last it was Sam Slim's turn. He and Bob started at the same time. But Sam was weak and could not run fast. Bob beat him to the tree, and was back at the line long before Sam. The children on Fred's side laughed and clapped their hands because they had won.



"Sam, why didn't you run faster?" asked Harry.


"I couldn't," said Sam Slim. He hung his head. He was sorry that he had lost the race for his side.



After the race the boys played leap frog. Harry, Billy, Fred, Tommy, and Bob jumped over one another without touching, but Sam could not do it.

Then Mrs. Good-Food called the children to dinner. They were hungry. As soon as they had washed their hands and faces they came to the table. In the center of the table there was a big bowl of red roses. There was a red rose at each place. Each child found his name on a card that was tied to one of these roses.



At each place there was a dish of cut-up fruit. It was cold and tasted very good. After that came chicken and mashed potatoes, beets, spinach, and good brown bread and butter. A glass of rich, creamy milk stood in front of each plate. 

Sam noticed that the children took some of each dish. He did not like the vegetables or the milk. But Mary's mother said, "Sam, I want you to grow fat while you are with us. You must eat everything we have."

Sam was too polite to say that he did not like the food. Bob saw that Sam did not eat the vegetables. He said, "Sam, I'll tell you how to learn to like them. Take a little taste every time.

After a while you will come to like them."



All the other children liked the food. Soon all the plates except Sam's were clean. Sam had taken only a little taste of his beets.



There was custard for dessert, and a beautiful cake with eight candles on it, one for each year of Mary's age. After dinner each boy and girl had a piece of candy.



Then the children told stories and riddles.

Harry said, "Guess this riddle:

I am one of the grains and I rime with
ice;



If you eat me once, you will think I
am nice."



THERE WAS A BIRTHDAY CAKE WITH EIGHT CANDLES

"Here's one," said Bob. He took up his cap and struck it with his hand. "See what I do. It tells you the name of a vegetable we had for dinner."

"Guess this one," said Fred. "What grows in the ground, has eyes, but cannot see?"



"What has a toe on each end and a month in the middle?" asked Alice.

That was a hard one, and none of the children could guess it. Can you?

The other children made up riddles, too, till it was time to go swimming. They put on their bathing suits. Soon they were splashing each other and having fun in the water.



"Come on. Let's have a swimming race," said Tommy Fresh-Air.

"All right, I'll race you," said Harry Clean-Face.



Down the pool they swam, at first side by side. But soon Tommy was ahead of Harry. Tommy reached the end of the pool a little before Harry did.

"Never mind," cried Harry. "I'll beat you next time."

They raced again, and this time Harry won.

The other children had swimming races, too. Billy saw Sam Slim standing by the pool. He thought Sam looked lonely. Billy felt sorry for him.

"Come on in, Sam," shouted Billy. "Let's race."

Sam hung back and shook his head. He knew that he could not swim well.

But after a while he jumped into the pool. He took a few strokes. Then he was tired and gave up.

At last it was time for the children to go home. They all looked happy when they went home. They told Mary and her mother that they had had a fine time.

“Thank you for asking us,” they said.

“What healthy, happy children they are,” said Mrs. Good-Food.

Then she looked at Sam Slim. She saw how pale and thin he was. His face was not happy. She said, “What is the matter, dear?”

She looked so kindly at him that Sam said, “I wish I could run and play like those other boys.”



“You can,” said Mrs. Good-Food. “All you need to do is to eat and sleep well. That will make you grow strong. Then you will feel like running and playing with the others.”

“I’ll begin right away,” said Sam. “What shall I eat to-night?”



Mrs. Good-Food smiled. “That is the way to talk, Sam. For supper you may have a poached egg, some bread and butter, and a glass of milk. Then for breakfast you shall have an orange, a large dish of oatmeal with cream on it, a slice of toast, and a glass of milk.”

“But I can’t eat so much,” said Sam.

Mary spoke up. “If you don’t eat candy between meals, you will be hungry and ready to eat at meal time.”

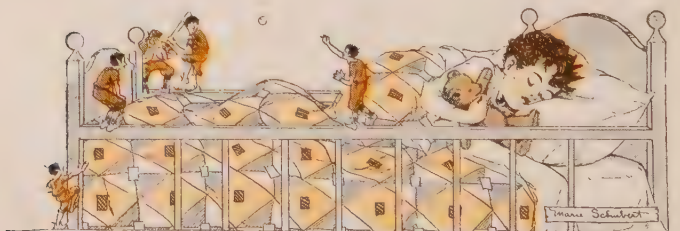
“That is right,” said Mrs. Good-Food. “And don’t forget, Sam, you must sleep as well as eat. Children need ten hours of sleep every night.”



Sam looked sad for a minute. Then he smiled and said, “If I eat good food and go to bed early every night, maybe I shall get on the baseball team.”

“You may even be captain,” said Mary.

You can make a good play from this story, or from parts of it.





4. HUNTING FOR A HOME

The people in the play:

NED, a boy who is looking
for a home

TRAMP

KING OF BAD-HABIT LAND

DIRTY-FACE

DIRTY-HANDS

DIRTY-TEETH

HARRY CLEAN-FACE

ALICE CLEAN-HANDS

BETTY CLEAN-TEETH

TOMMY FRESH-AIR

DON SUNSHINE

(Ned is sitting by the side of the road, looking very sad. A tramp comes along.)

Tramp: Hello, little boy. What is the matter?

Ned: I haven't any home.

Tramp: Well, neither have I. What happened to your home?

Ned: My little brother was playing with matches. He dropped a lighted match. The house caught fire and burned down. I have to find a new home. I don't know where to go.

Tramp: That is easy. Come with me.

Ned: But you said you had no home. Where do you live?

Tramp: My home is anywhere. I live outdoors all the time. The grass is my bed. The sky is my roof. I go wherever I please.

Ned: It must be nice to live in the open air. What do you eat, and where do you get your food?

Tramp: I eat anything people give me.

Ned: I should not like that. What work do you do?

Tramp: No work at all. I walk from place to place. I sit down by the side of the road and watch others work.

Ned: Your face and hands are dirty. Where do you wash?

Tramp: I do not wash my face or hands. Why should I? What's the use of keeping clean?

Ned: I should not like to live with you, then. I want to be clean. I like to take a bath and put on clean clothes.

Tramp: Well, I'm afraid we couldn't get along together. Good-by.

(The King of Bad-Habit Land, Dirty-Face, Dirty-Hands, and Dirty-Teeth come along.)

King of Bad-Habit Land: What are you doing here?

Ned: I am tired, so I'm taking a rest.

King: Where do you live?

Ned: I have no home. I am looking for a new home.

King: Come with me. I will take you to my home and be your father.

Ned: You don't look like my father.

King: Why not?

Ned: Your clothes are not brushed. Your hands and face are dirty.

King: Oh, you will soon get used to me. Here come some of my children. They will tell you how nice it is to live with me. Children, tell him about our home.

Dirty-Face: We do whatever we like to do.

Ned: Oh, what makes your faces and hands so dirty?

Dirty-Hands: They are always like that. We play in the dirt. We never have to wash.

Ned: Who is that other boy with you? What dirty yellow teeth he has!

Dirty-Teeth: I am Dirty-Teeth. We don't have to brush our teeth where we live. We do just as we please.

Ned: Your homes must be as dirty as you are. My home was always clean. My mother taught me to wash my hands and face and brush my teeth. I do not want to live with you.

King: Let him find a home for himself, then. We have no place in our land for boys with good habits.

(Some children from Good-Habit Land come along as the Bad Habits leave. They stop to talk to Ned.)

Betty Clean-Teeth: This must be the boy. The tramp told us he was on this road.

Harry Clean-Face: Are you the boy who is looking for a home?

Ned: Yes. Who are you?

Betty: We are from Good-Habit Land. The King wants you to come and live with us. We heard you are a clean boy. Will you come?

Ned: You look happy and well. Tell me about your home.

Tommy Fresh-Air: We always have fresh air in our homes. That shows you how we live.

Don Sunshine: I am Don Sunshine. When I am around, these people play with me. They keep their windows open for Tommy and me.



TOMMY, BETTY, AND HARRY MEET NED

Alice Clean-Hands: Everything is nice and clean in our land. We do not like dirt.

Harry: Our people are healthy because they have good habits.

Ned: Do you bathe often and brush your teeth?

Betty: Yes, we do. And we eat good food and take plenty of exercise.

Ned: Do you sleep ten hours every night?

Tommy: Yes. Our King says that boys and girls need plenty of sleep to make them grow and be strong.

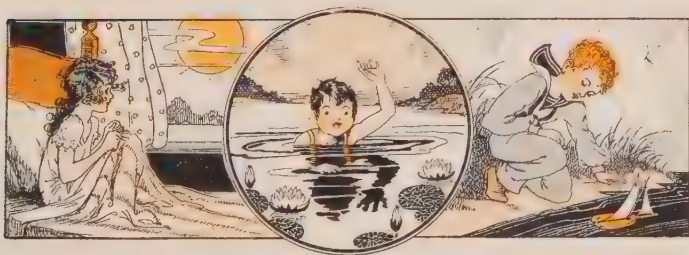
Ned: You have told me enough. Those are just the things that my mother taught me to do. Thank you very much. I shall go with you.

Harry: The King will be glad to have you. He wants every boy and girl with good habits to live in our land. You will be happy with us in Good-Habit Land.

Ned: I am so glad that I have found a home at last.

(Ned and his new friends march out together, singing.)

Sunshine, water, and fresh air,
You will find them everywhere.
March along with us and see
How well and happy you will be.





5. CLEAN-UP DAY IN GOOD-HABIT LAND

In Good-Habit Land the houses and streets were very clean. People did not throw paper or trash into the streets. They put those things into the trash cans on the street corners. Street cleaners often swept and washed the streets. There was very little dust.

The lawns were neatly trimmed, and they had pretty flower beds. The back yards, too, looked as neat as could be.

Garbage pails are kept covered so that dogs and cats could not scatter the garbage.

Good-Habit Land was a healthful country because it was clean.

But some Bad Habits crept into a corner of Good-Habit Land. For a short time they lived in some empty houses there. These Bad Habits kept everything around them dirty. The people of Good-Habit Land drove the Bad Habits away, but the corner where they had lived was still dirty.

One day the King of Good-Habit Land asked his people to clean up that dirty corner. They took rakes, brooms, mops, pails, and dust cloths to the place where the Bad Habits had lived.



What an ugly sight they saw! In the street were paper, rags, and garbage. The wind blew clouds of dust through the street. The lawns were grown up with weeds. Pools of dirty water stood in the back yards. The houses were dirty. The windows were so dirty that one could hardly see through them.

The people wondered if they could ever clean up so dirty a place. But the King said if every one would help, the work would soon be done.

Then the King told the street cleaners to go to work on the street. He sent Bob Exercise and a crowd of boys to cut the weeds and clean up the lawns. Tommy Fresh-Air and some other boys were put to work in the back yards.

Mrs. Clean-Hands and Mrs. Clean-Face took the women and the girls to clean up the houses.



Soon everybody was at work. Before long this Bad-Habit Corner looked like a new place. The King came back to see how the work was going on. He could hardly believe his eyes! He went from one group to another and saw what all were doing.

First he looked at the street cleaners. He saw that the water wagon had flushed the street so that the dust could not fly about and make people sick. The dirt was scraped into piles ready to be taken away.

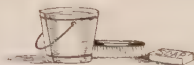
The King saw Bob Exercise and his boys hard at work on the lawns.

They had cut down most of the weeds. They were putting bottles, tin cans, and all kinds of trash into barrels.



The King found the boys in the back yards very busy, too. Tommy Fresh-Air and his friends had raked up the garbage and trash to be carried away. They were also filling up some holes so that water would not stand in them.

Next the King went into a house where Mrs. Clean-Hands was working. He found every one busy. The floors had been swept and scrubbed. The girls were dusting.



Mrs. Clean-Hands told the King that the girls were good housekeepers. They used oiled dust cloths, and they got the dust out of every corner.

The King saw that the windows had been washed, too. The girls had worked hard to make them shine.



Then the King, the women, and the girls went out into the street. They met the boys and the street cleaners. Their work was done. The street and yards were neat and clean. They were happy because they had turned a dirty, ugly corner into a clean, beautiful place.

At the end of the street they saw a level place covered with fine trees. The King said that would be a pretty place for a picnic supper.



Tommy Fresh-Air and Bob Exercise ran on ahead. They soon came back, shaking their heads. They told the King that the place was very dirty.

The Bad Habits must have had picnics there. Papers and plates, empty bottles, and tin cans were thrown everywhere. This place would have to be cleaned up too. Other people might wish to have picnics there.

The girls took sharp pointed sticks and began to gather the papers and plates into piles. Then Bob stuck a lighted match into the piles, and watched them to see that the fire did not spread.



The boys raked the melon and fruit rinds into a pile and buried them. They put the bottles and tin cans into a box to be hauled away. They found a spring, and cleaned it out. The water was clear and cold.



CLEANING UP THE PICNIC GROUNDS

When the place had been cleaned up, the King and his people had supper. Everybody was hungry. The chicken sandwiches, cake, and lemonade tasted fine. After supper they burned their trash, and left the place clean.

The King gave Mr. and Mrs. Clean-Face and Mr. and Mrs. Clean-Hands the houses that had been cleaned up. They called the place "Clean Town."

You can make up a play from this story. The play might be like the one which follows here

THE PLAY: CLEAN-UP DAY

The people in the play:

KING OF GOOD-HABIT
LAND

CAPTAIN OF STREET
CLEANERS

BOB EXERCISE

TOMMY FRESH-AIR

MRS. CLEAN-HANDS

MRS. CLEAN-FACE

BETTY CLEAN-TEETH

FRED CLEAN-FACE

BOYS AND GIRLS OF

GOOD-HABIT LAND

(The King calls the people of Good-Habit Land together.)

King: This dirty corner is where the Bad Habits used to live. Let's clean it up.

People: Yes, let's do.

Mrs. Clean-Hands: What a dreadful place it is! I wonder if we can ever clean it up.

King: Of course we can. But every one must do his share. The street cleaners may go to work on the streets. Bob, take some boys and cut the weeds and clean the lawns. Tommy may see that the back yards are cleaned. Mrs. Clean-Hands and Mrs. Clean-Face will see that the houses are cleaned.

(The King goes out for a few minutes. The people go to work. The King comes back.)

King: Well, Captain, what has been done here? .

Captain of Street Cleaners: You see the water wagon has washed the street.

King: That is good, for then the dust cannot fly about and make people sick.

Captain: Now the men are scraping the dirt into piles. Here comes the wagon to take the dirt away.

King: I am glad you have cleaned the street so well. Clean streets make a city healthful.

(The King looks at the lawns.)

King: I see that you are hard at work, boys.

Bob Exercise: Yes, sir, we have cut down most of the weeds. The boys found bottles and tin cans in the weeds.

There was much trash. You see we have put it into barrels. Now the street-cleaning wagon can take it away.

King: You are doing a good job. I will step around and see what the boys are doing in the back yard.

(The King goes to the back yard.)

King: How are you getting on, Tommy?

Tommy Fresh-Air: This is hard work, sir. We have raked up the garbage and trash to be carried away. We are now filling these holes so that water will not stand in them.

King: Fine.

(The King goes to the house.)

Mrs. Clean-Hands: Come in, sir, and see what we are doing.

King: Everybody seems to be busy here.

Mrs. Clean-Hands: Yes, indeed. First we swept the floors and then we scrubbed them. The girls are dusting now.

King: Do they dust the corners?

Mrs. Clean-Hands: Indeed they do. Our girls are good housekeepers. They have oiled dust cloths, and they get the dust out of every crack and corner.

King: I see the windows have been washed.

Mrs. Clean-Face: Yes, and we had a hard job, too. The girls have washed and polished all the windows.

King: I can tell that by the way they shine. What a different-looking place this is!

(The people stop work.)

King: Let's go to that pretty place and have our supper under the trees.

(Bob Exercise and Tommy Fresh-Air run ahead. They come back to the King.)

Tommy: I think the Bad Habits must have had their picnics there.

Bob: You never saw such a dirty place.

Tommy: There are papers and picnic plates, empty bottles and tin cans everywhere.

Bob: And melon rinds and fruit peelings, too. It looks worse than a pigpen.

King: What shall we do about it?

Tommy: Oh, we must clean it up. It is too pretty a place to leave like that.

Bob: You see, some one else might like to have a picnic there. But no one could eat in such a place as that.

Tommy: Come on, boys, and girls, too. Let's see how soon we can clean this place up.

Bob: May I burn these papers and plates?

King: Yes, but watch the fire and see that it does not spread.

Tommy: Here, Fred, come and help me bury these fruit rinds.

Betty Clean-Teeth: What shall we do with these bottles and tin cans?

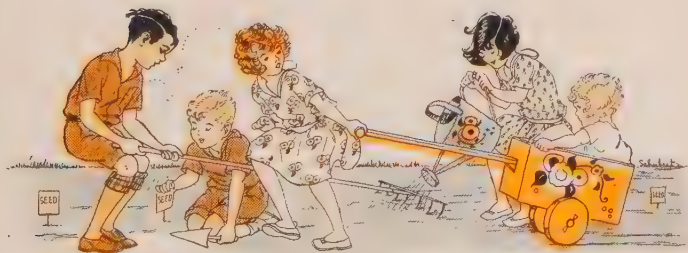
Bob: We'll put them into this box. Then they can be hauled away.

Betty: The Bad Habits will never dare to come back now.

Mrs. Clean-Hands: I think we shall have to call this Clean Town instead of Bad-Habit Corner. Let's come out here and live, Mrs. Clean-Face.

Mrs. Clean-Face: I should like to live here. It is a beautiful place now that it is clean.

King: Then you may have this for your home. I know that you will always keep it as clean as it is now.






6. THE STORM


It was a very hot day. The children of Good-Habit Land were going to the swimming pool. They were laughing and talking as they walked along. Suddenly Alice Clean-Hands cried out, “Oh, what’s that?”



They all stopped to look. The very dirtiest boy in the world was sitting by the side of the road. The children were surprised to see him, because no dirty people lived in Good-Habit Land.

“What is the matter with your face?” asked Harry Clean-Face. “It is as dark as the ground.”

“Just look at your hands!” said Alice Clean-Hands. “You surely don’t eat with hands as dirty as that!” 

“Don’t you ever take a bath,” asked Betty Clean-Teeth, “or clean your teeth?” 

“No, I don’t,” said the dirty boy. “People don’t do such things where I came from.”

“Where did you come from?” asked Tommy Fresh-Air.

“I came from Bad-Habit Land.”

“Well, it must be a dirty place if all the people are like you,” said Bob Exercise.



The children went on, leaving the dirty boy sitting alone in the dirt. He heard their merry voices. He wondered why they were having so much fun. Soon he followed them to the swimming pool.

How they splashed in the water, and what a good time they had! The dirty boy had never heard children laugh so much. The children in Bad-Habit Land did not have such good times.

Billy was playing in the water with Fred and Harry Clean-Face. He saw the dirty boy standing near the pool. He said, "There's that dirty boy."

"Let's duck him," said Harry.

"No, you won't," cried Alice Clean-Hands. "You must not put that dirty boy into this pool!"



BILLY, FRED, AND HARRY GO SWIMMING

“Oh, I’ll tell you!” said Fred. “Let’s catch him and wash him in the brook, and then throw him into the pool.”

“All right!” said the other boys. They ran after the dirty boy.

“Come on and get washed!” they shouted at him. But the dirty boy did not want to be washed.

“Go away!” he said. “I don’t like water.”



“That’s because you don’t know anything about it,” shouted Fred.

The boys caught him and took him to a shallow place in the brook. They washed him clean. The dirty boy did not like it at first. He fought and kicked. But the cool water felt good on his hot body.



“Come on and have a swim now!” called Billy, as he jumped into the pool.

The new boy would not go in at first, but after a while he tried it. He stepped into the shallow water. Bob Exercise said, “Come in, and we will teach you to swim.”



They showed the new boy how to paddle his hands and kick his feet. Soon he could keep himself up in the water. He had a fine time. He felt cool and clean. He had never felt so well in all his life.

“See how nice he looks now that he is clean,” said Betty Clean-Teeth.

“Yes, we can’t call him the dirty boy now,” said Alice. She went up to him and asked, “What is your name?”

"My name is Charley," said the new boy, splashing and kicking in the water.

"Charley, don't you want to stay in Good-Habit Land and play with us?" asked Alice.

"And go swimming?" asked Charley.

"Yes, and do other nice things."

"Yes, I'll stay," said Charley. "You have a better time here than the people do where I came from."

When the children got out of the swimming pool the sky was very dark. Lightning flashed and thunder rolled.

"We're going to have a storm," said Billy.



"I don't like storms," said Charley.

"I don't either," said Betty. "I'm afraid of the thunder."

"I don't like the wind and the rain," said Charley.

"Storms do much good," said Harry. "How clean and fresh the air smells now! That is because the wind is blowing."

"Oh, look!" cried Betty. "Who are those children?"

A little girl dressed in blue and a boy in a raincoat came up to join the children.


"I am Jenny Wind," said the little girl. "I make the wind blow and give you fresh air. This is my brother. His name is Ned Rain. We are the children of the Storm."

"Charley does not like rain," said Bob.

"Did you have a good time in the swimming pool?" asked Ned Rain.

"Oh, yes," Charley said.

"If it didn't rain, there would be no water for the swimming pool," said Ned.

"The flowers would dry up if it didn't rain, wouldn't they?" asked Alice. 

"Yes, they would. I bring water for all the flowers. The vegetables could not grow without me. I fill the springs and brooks so that you have water to drink."



"What good do you do, Jenny Wind?" asked Betty.



"I blow the clouds together to make the rain," Jenny said. "I blow away the foul air. I bring fresh air from the ocean and the hills. Ned Rain and I

travel together. We must go now, and bring fresh air and rain to other people."

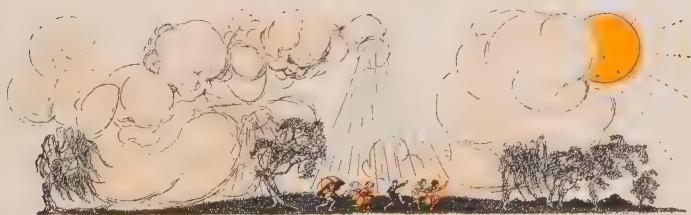
Away ran Jenny Wind and Ned Rain. The children watched them and waved their hands to them.

"Come again soon!" they cried.



"Now it is beginning to rain," shouted Betty. "How fresh and green the grass and trees will be after the rain."

When you have read this story you can easily play it.





7. SUNSHINE GIVES A PARTY

One day in Good-Habit Land, the King was watching the children play. A boy rode up on a pony and asked, "Are you the King of Good-Habit Land?"

"Yes," answered the King. "What can I do for you?"

"I am Don Sunshine," the boy said. "My father sent me to invite you and the children of Good-Habit Land to Sunshine Farm for the day. Can you come next Saturday?"



“Yes, indeed, we shall be happy to come.”



The children were glad. They liked to go to a farm. They always had a good time there.



Early the next Saturday morning the children were in the King's autos. They rode off to Sunshine Farm. How happy they were! They all talked and shouted at once.

They came to the gate of Sunshine Farm. Mr. Sunshine and his children, Don and Dot, were there to meet them.

“I'm so glad you have come!” cried Dot. “We're going to have fun to-day. What would you like to do first?”

“I want to see the little chickens,” Betty said. “I like to watch them.”

“So do I,” said Bob. “I like to hunt for eggs. May we do that, too?”

“Oh, yes, we shall do both,” answered Dot. Her yellow curls danced in the sunlight. She looked just like her name, Dot Sunshine.

Away they went to the hen yard. There they saw hundreds of fluffy little chickens, yellow, white, and black. There were many big chickens, too.

“Why do you have so many more chickens than other farmers?” Billy asked.



“Oh,” said Mr. Sunshine, “that is because this is Sunshine Farm. You know sunshine helps to make chickens grow. They cannot live well in dark, damp places. Neither can children.

It is not safe for people to live in places where there is no sunshine."

The children climbed up into the hay, where some of the hens had made their nests. How clean and sweet the hay smelled! It was fun to hide there.

"See who can find the most eggs," called Mr. Sunshine.



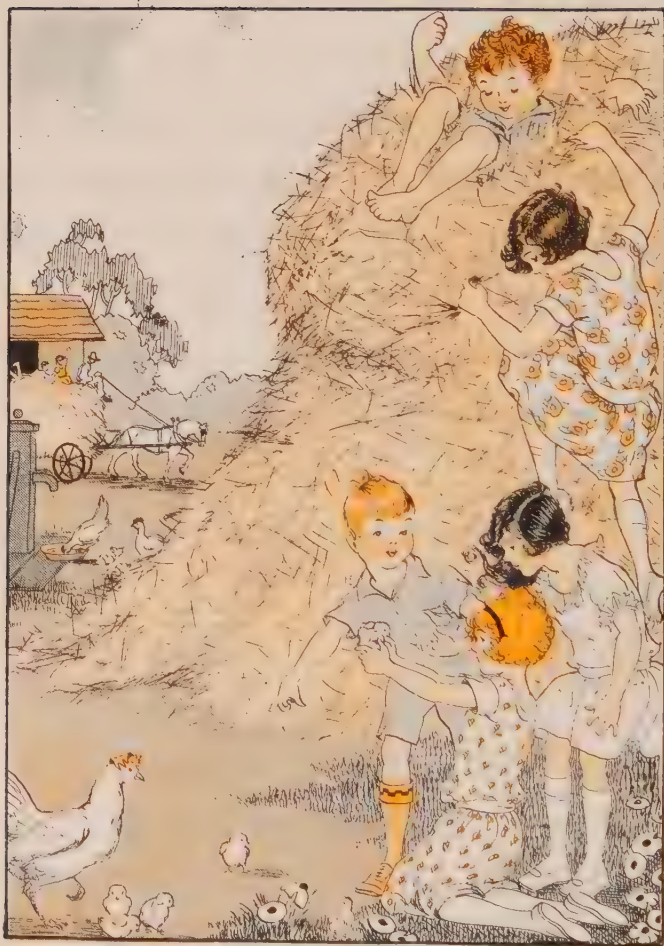
"Sunshine must be good for eggs, too," said Alice. "See how many we have found!"

"Yes, that is right," said Dot. "Hens will not lay unless they are warm and happy. We find very few eggs in the cold, dark days of winter."

"Who has the most eggs?" asked Mr. Sunshine after a while.

"I have six," said Sam Slim.





PLAYING IN THE HAY

"You may keep them. You have won the prize," said Mr. Sunshine.

Sam was glad. He had learned to like eggs by this time.

"Come and see my garden," said Don to the children.



They went running after him to a sunny corner. There they saw the prettiest garden! Corn stood up tall and straight. There were bright red tomatoes and fine, full beans. Onions and potatoes grew in neat rows. There were no weeds anywhere. Don worked hard to keep them out.

"It takes sunshine and work to make a garden," he told the children.

"I have a garden, too," said Dot.
"Come and see my flowers."

Dot's flower garden was on the other side of the house. It was gay with roses, sweet peas, and many other lovely blossoms.

"Let's gather some for the table," said Dot. They picked a big bunch of sweet peas.

The children were hungry by the time dinner was ready. It did not take them long to get to the table. And what a table it was! Beans, potatoes, onions, tomatoes, chicken, bread and butter, and all the milk they could drink! How they did eat!



"I know why everything tastes so good," said Tommy Fresh-Air. "It is because there is so much sunshine on this farm."

“That’s right,” said Mr. Sunshine.
“Sunshine is good for plants, and for
animals, too.”



“Would you like to ride the horses?”
asked Mr. Sunshine after dinner.

“Oh, yes!” they all cried.



Mr. Sunshine had strong, fat horses.
They were eating the thick grass of his
pastures. It was fun to ride them. The
children took turns, until everybody
had had a ride. Don showed them his
pony. He hitched it to a little cart, and
took the children for a ride in it, too.

“Don’t you want to see the cows?”
said Mr. Sunshine. “It will soon be
milking time.”

“Oh, please let me milk,” begged
Charley.

“Yes, you may if you will wash your hands and wear a clean apron,” said Mr. Sunshine. “Milkers must be very clean, you know. Dirty milk makes people sick.”

Charley knew that many of the people in Bad-Habit Land were made sick by drinking dirty milk. He was glad that he had learned to be clean.



The children saw the cows standing at the bars of the milking place. What fat cows they were! They had been in the pastures full of sweet clover and grass. The sunshine made the grass grow. The grass made the cows fat.

It was fun for the children to see the milkmen at work. They liked to hear the tinkling sound made by the milk.

Several of them tried to milk, but the work was too hard.

“What do you do with all this milk, Mr. Sunshine?” Harry asked.

“We drink all we want,” said Mr. Sunshine. “We make butter from some of it, and we sell the rest to people in town.”



“Then, if it were not for sunshine, we should not have any milk to drink,” said Fred.



“No, nor any butter to eat,” said Mr. Sunshine.

“I didn’t know that cows gave butter, too,” said Bob.



The other children laughed at Bob, but some of them did not know where butter comes from.

Then Mr. Sunshine took the children to the dairy. There they saw cream being made into rich, yellow butter.

“Time to go home, now, children,” said the King.



The children started down the road. Then they saw some very ugly things running toward them.

“Oh, what are those dreadful things?” said Betty. “I’m afraid of them!”

She drew up close to the King to keep away from them.

Mr. Sunshine laughed. “They are ugly,” he said, “but you need not be afraid of them while I am around. They are some boys playing they are ‘germs,’ but they are a billion times bigger than real germs. The real germs are small.

They are too small to be seen. If they get into people they cause sickness. But they can't live in sunshine."

"I've heard of those things before," said Charley. "There are many of them in Bad-Habit Land. They live in dark, dirty places. They get into people and make them sick."

Just then the play "germs" saw Mr. Sunshine and stopped.

"I don't want them to catch me," said Alice.



"Then you must stay in the sunshine," said Mr. Sunshine. "Look at the play 'germs' now!"

The children looked, and there at Mr. Sunshine's feet they saw the ugly things lying dead.

The King said, "Real germs die in the sunshine."

The children were not afraid. They ran along to the autos.

"I wish we didn't have to go home," said Harry. "We have had such a good time to-day."

"Let's all give three cheers for Mr. Sunshine!" cried Billy.

The children joined Billy in three good cheers. They were a happy party as they went back to Good-Habit Land. They had learned what wonderful things sunshine does.

In acting a play from this story, you may follow it closely if you wish; or you may make it better by some changes, as in the play given here on pages 99 to 105.

THE PLAY: SUNSHINE GIVES A PARTY

The people in the play:

MR. SUNSHINE	MARY GOOD-FOOD
DON SUNSHINE	SAM SLIM
DOT SUNSHINE	ALICE CLEAN-HANDS
KING OF GOOD-HABIT	FRED CLEAN-FACE
LAND	BILLY
TOMMY FRESH-AIR	CHARLEY
BETTY CLEAN-TEETH	HARRY CLEAN-FACE
BOB EXERCISE	"GERMS?"

SCENE I. THE DINNER TABLE

(The children are seated around the table, with Mr. Sunshine at the head.)

Tommy Fresh-Air: I know why everything tastes so good. It is because there is so much sunshine on this farm.

Mr. Sunshine: That is right, Tommy. Sunshine is good for plants, and for animals too.

Betty Clean-Teeth: Weren't the little chickens dear? I like to watch them.

Bob: So do I; and I like to hunt for eggs, too.

Mr. Sunshine: Who found the most eggs?

Mary Good-Food: I found five.

Sam Slim: I found six.

Alice: Sunshine must be good for eggs. You have so many.

Dot Sunshine: Yes, it is. Hens will not lay unless they are warm and happy. We find very few eggs in the cold, dark days of winter.

Fred Clean-Face: Sunshine must be very good for your garden, Don. Your corn and beans look fine.

Don Sunshine: It takes sunshine and hard work to make a garden. I keep the weeds out, and the sunshine makes the plants grow.

Dot Sunshine: That is the way I make my flower garden, too. Flowers do not grow well on the shady side of the house.

Mr. Sunshine: You haven't seen the horses and the cows, yet. Would you like to go to the pasture after dinner?

All the Children: I would.

Mr. Sunshine: Come on, then.

SCENE II. THE PASTURE

Mr. Sunshine: You may take turns riding the horses. The smallest children may ride first.

(Several of the boys act as horses. They stoop down and let the other children get on their backs.)

Billy: Your horses are nice and fat,
Mr. Sunshine.

Mr. Sunshine: That is because they have such fine grass to eat. The grass grows thick in these sunny pastures.

Mary: I'm afraid my horse is going to throw me!

(The boy who is playing Mary's horse is a little frisky.)

Mr. Sunshine: I will hold his bridle.

The King: All of the children have had a ride now, Mr. Sunshine.

Mr. Sunshine: Well, here are the cows. The men are coming to milk them.

Charley: May I milk, Mr. Sunshine?

Mr. Sunshine: Yes, if you will wash your hands and wear a clean apron. Milkers must be very clean, you know. Dirty milk makes people sick.

(Some of the children pretend to wash their hands and then to do the milking.)

Harry Clean-Face: What do you do with all this milk?

Mr. Sunshine: We drink all we want. We make butter from some of it, and we sell the rest to people in town.

The King: I think your milk and your butter are the best in the country.

Mr. Sunshine: That is because our cows have such fine, sunny pastures.

Fred: Then if it weren't for sunshine we shouldn't have any milk to drink.

Mr. Sunshine: No, nor any butter to eat, either.

Bob: I didn't know cows gave butter, too.

Mr. Sunshine: We make butter by churning cream.

The King: It is time to go now, children.

(As the children turn to go they see some ugly "germs" running toward them.)

Betty: Oh, what are those ugly things?
I'm afraid of them!

Mr. Sunshine: They are ugly, but you need not be afraid of them while I am around.

Betty: But what are they?

Mr. Sunshine: They are playing they are "germs." If real germs get into people they cause sickness. But they can't live in sunshine.

Charley: I've heard of those things before. There are many of them in Bad-Habit Land. They live in dark, dirty places. They get into people and make them sick.

Alice: I don't want them to catch me!

Mr. Sunshine: Then you must stay in the sunshine. But just look at the play “germs” now.

(The “germs” fall down at Mr. Sunshine’s feet and die.)

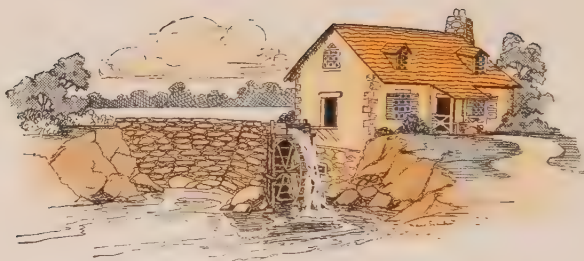
Betty: I feel better now that they are dead.

The King: Good-by, Mr. Sunshine. We have had a fine visit.

Billy: Let’s give three cheers for Mr. Sunshine.

All together: Rah! Rah! Rah! Sunshine!





8. THE MILL

On the way home from Sunshine Farm, the King and the children passed an old mill. It stood beside a stream of water. The water poured over a great wheel. The wheel turned round and round. The water dashed into sparkling foam as it fell from the wheel.

“Oh, what is that?” asked Billy.

“It is a mill. It grinds wheat and corn,” said the King. “Will you go in and watch it work?”



“Yes, let’s go and see it,” cried all the children.

They jumped out and ran into the mill. It was very dusty there, because the air was full of fine meal and flour. The miller’s clothes were white with the fine dust. He was a jolly man, with a red face and a merry twinkle in his eyes.



“You want to see the wheels go round, do you?” he said to the children. “Come along with me and I will show you all about it.”

He showed the children two great round stones. “One of them turns on top of the other,” said the miller. “There is a hole in the upper stone. Wheat is poured through this hole.

The wheat slips in between the stones, and the upper stone turns round and round. That grinds the wheat into flour."



"Is Mr. Sunshine's wheat ground into flour here?" asked Betty Clean-Teeth.

"Yes," said the miller. "You couldn't eat the wheat very well if it were not ground."

"No," said the King, "all of our food must be ground before we can use it."

The children looked at him. They were very much surprised.

"Our meat and vegetables aren't ground, are they, sir?" asked Fred.

"Yes, indeed," said the King. "We grind almost everything that we eat. If we do not, our food makes us sick."



AT THE MILL

The children could not understand this. The miller and the King looked at each other and smiled. The miller seemed to know what the King meant, but the children did not.

“How does the mill grind the wheat, Fred?” asked the King.

“One stone turns on the other stone, and the wheat is crushed between them,” answered Fred.

“Well,” said the King, “what happens when you take meat and vegetables into your mouth?”



“We chew them, sir,” said Fred.

“Exactly,” smiled the King. “And what happens when we chew our food?”

“Oh, I see,” said Betty. “Our teeth are like the millstones.”

“Yes,” said the King, “the lower teeth grind against the upper teeth. And if we do not chew the food long enough, it isn’t ground fine enough.”

“Chickens haven’t any teeth,” said Billy. “How do they grind their food?”

“Did you ever see the inside of a chicken’s stomach, or gizzard?” asked the King.

“Yes, I have,” said Billy. “I saw mother open a chicken’s gizzard once. It was full of little stones.”

“Well,” explained the King, “the stones in a chicken’s gizzard grind its food for it. But our stomachs are different. If we swallow food that isn’t ground, our stomachs cannot use it. Then we get sick.”



“Why, teeth are very important, aren’t they?” said Fred. He was proud of knowing a big word like *important*.

“Indeed they are,” said the King. “And we must take the very best care of them.”



“Do your millstones ever break?” asked Alice of the miller.

“Sometimes one breaks,” said the miller. “Then we have to stop the mill until we can get a new one. It is very hard to get good ones, and we try not to let anything happen to our stones.”

“But it is harder to get new teeth,” said Sam Slim.

“How do you know, Sam?” asked the King.

Sam looked foolish.



“You see,” he said at last, “I used to eat a lot of candy. Mother told me it was bad for my teeth. But I liked candy, and I didn’t care. Then one day I had a dreadful pain in my jaw. It hurt so I couldn’t help crying.”

“Toothache!” said Charley. “I know it hurts. The children in Bad-Habit Land have the toothache. They cry till you can hear them a block away.”

“What happened when you had toothache, Sam?” asked the King.

“Mother sent me to the dentist and he pulled the tooth out. That hurt, too, and I had a big hole where the tooth came out.”

"Did you get another tooth?" asked Alice.

"Yes, after a while another tooth grew in. I did not keep it clean, and it had to be pulled out, too. It hurt more than the first one."

"Will another one grow in now?" asked Billy.

"No," said the King. "You see, we can have only two sets of teeth. The first set comes out. The second set is stronger. There are thirty-two teeth in it. If we lose teeth from the second set we cannot grow any more in their places."



"Grandma has a set the dentist made for her. She takes them out and puts them back in," said Billy.

"Does she like them as well as her own teeth?" asked the King.

"No, she says she can't chew with them very well. And sometimes they make her gums sore," said Billy.

"I don't want that kind of teeth," said Mary Good-Food. "I want my own teeth."

"Do you know how to keep them?" asked the King.



"I know one way," said Mary. "If we eat the right kind of food, our teeth will be strong. We should eat things like bread, butter, fruit, meat, eggs, and fresh vegetables."

"That's right, Mary," said the King. "Betty, can you tell what else we must do if we wish to have good teeth?"

“Yes,” said Betty. “We must keep them clean.”



“What happens if you don’t brush your teeth often?” asked Billy.

“The food gets into tiny holes,” answered the King. “These holes may get bigger and bigger until the teeth are of little use.”

“Just to think that every one has a mill in his mouth!” said Harry.

The children looked at the mill, saw the big millstone turning, turning, and laughed. It seemed very funny to have a mill in one’s own mouth.

As the children started to leave the mill they heard a dreadful cry of pain. Again and again it came, growing louder and louder.

“What is that?” said Mary, with scared eyes.

“I suppose it must be my neighbor, Jim Brown,” said the miller. “He did not take care of his teeth when he was a boy. Now he has the toothache. He has had it two or three days.”

“He will have to have that tooth pulled, I guess,” said Sam. “That will hurt, too, and the place where it came out will be sore. Mine was.”

“I know I am going to take care of my teeth after this, so that I won’t have toothache,” said Billy.



“So am I,” cried the other children. They said good-by to the miller, left the mill, and started back to Good-Habit Land.

It is very easy to make a play of this story. The best place to begin is where the children come into the mill.

The people in the play will be:

THE MILLER

BILLY

THE KING OF GOOD-
HABIT LAND

ALICE CLEAN-HANDS

SAM SLIM

BETTY CLEAN-TEETH

CHARLEY

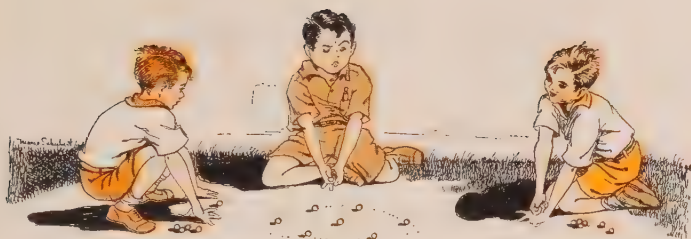
FRED CLEAN-FACE

MARY GOOD-FOOD

HARRY CLEAN-FACE

JIM BROWN





9. A STRANGER APPEARS

The people in the play:

BILLY

SAM SLIM

CHARLEY

STRANGER

(OLD MAN ROUGH)

THE KING OF GOOD-

HABIT LAND

NEW BOY

MARY GOOD-FOOD

TOMMY FRESH-AIR

*(Billy, Sam Slim, and Charley are playing together.
A stranger comes up.)*

Stranger: What fine boys you are! I
wish I had such boys as you.

Billy: Where do you live?

Stranger: Not far from here. You would
have a fine time at my home.

Charley: Have you any boys at your home?

Stranger: Oh, yes. And they have such good times! Do you like to stay up late at night?

Charley: Yes, I do.

Billy: So do I.

Stranger: Then at my house you may stay up as late as you like.

Boys: Wouldn't that be fine!

Stranger: You don't like candy, do you?

Sam: I do.

Stranger: If you come with me you may have all the candy you want. And you won't have to eat anything you don't like.

Charley: May we always do just as we please?

Stranger: Just as you please. When you are dirty, you may go to bed without bathing. You may drink tea and coffee, if you like. You need not clean your teeth.

(The boys sit down beside the stranger.)

Billy: Oh, how hot it is!

Stranger: My house is cool and dark. You will not be bothered with the hot sun there.

Billy: Here comes our King. We'll ask him if we may go home with you.

(The stranger hangs back. The King comes in.)

Billy: Oh, sir, here is a stranger. He wants us to go home with him.

King: How do you do, sir? Who are you? What has brought you to Good-Habit Land?

Stranger: I came on business.

King: May I ask what your business is?

Stranger: It is working with children.

King (to the boys): Do you wish to go with this man?

Billy and Sam : Yes, sir.

King: I shall have to look into this before I let the boys go.

(Mary Good-Food and other children come in, bringing a new boy. He is thin and pale and looks ill. The stranger hides behind a tree.)

King: Who is this? I have not seen him in Good-Habit Land.

Mary Good-Food: Oh, sir, he is running away from a bad man.

King: Why, son, what is the matter? Tell me about it.



THE NEW BOY TALKS WITH THE KING

New Boy: I ran away from the man I have been living with. This is a nice place. The sunshine feels good to me. If I could stay here, maybe I'd feel better.

King: Why did you run away from this man?

New Boy: He was mean to me. He shut me up in a dark house, away from the sunshine and fresh air.

King: What else did he do to you?

New Boy: He wouldn't let me run and play like other children. He didn't give me half enough to eat.

King: Anything else?

New Boy: His house was dirty, and there were germs in it. They made me sick.

Mary: Oh, we heard about germs at Sunshine Farm. What dreadful things they are! No wonder you want to run away from that bad man!

King: Are there any other children at this man's house?

New Boy: Yes, there are many others.

King: Are they all weak and sick like you?

New Boy: Yes, sir. Some of them are much worse than I am.

King: How does the man get these children to live with him?

New Boy: He tells them that they may do as they please. He says that they will have a fine time at his house.

Billy: Why, that is what the stranger told us.

King: Where is the stranger?

(The boys look for the stranger and find him hiding behind the tree.)

New Boy: Oh, let me hide! Don't let him get me! Please don't let him take me away!

King: Is this the man from whom you are running away?

New Boy: Yes, sir, that is Old Man Rough. I am afraid to go back with him.

King (putting his arm around the little boy): He shan't get you. *(He turns to Sam, Charley, and Billy.)* Do you wish to go home with this stranger?

Billy: Oh, no, sir.

Charley: No, no! He is a bad man.

Sam: He fooled us.

King (to the stranger): I have heard of you. I know the harm you do in the world. You rob little children of health and happiness. You keep them in dark places, full of disease germs. You make them sick, and sometimes you let them die.

(The King shakes his fist. The stranger tries to run away. The King catches him and shakes him.)

King (to the New Boy): Come here, son. Don't be afraid. Old Man Rough can not get you now. You shall stay here and play in the sunshine. You shall have plenty of milk to drink, and eggs and vegetables to eat. Soon you will be fat and rosy. Then you will forget about this bad man. Tommy, will you take our new boy to your home?

Tommy Fresh-Air: Yes, sir. My father will be very glad to have him.

King: Mr. Sunshine and Mrs. Good-Food will help take care of him, too. Now, Old Man Rough, go away, and never dare set foot in this land again.





10. THE CIRCUS COMES TO TOWN

One day Billy said, "Let's have a circus parade."




The boys and girls of Good-Habit Land all thought that a circus would be fun.

"We can dress up like animals," said Betty. "We can make funny noises the way they do."

"Let's tell the King about it," said Sam Slim. "He always likes to have fun, too."

Away they went to the King. He thought it would be fine to have a circus parade. He helped the children plan it.

"What do you want to have?" he asked. "Don't all speak at once," he said, laughing, for everybody had something to say. 


"Clowns, of course," said Billy. "I want to be a clown."

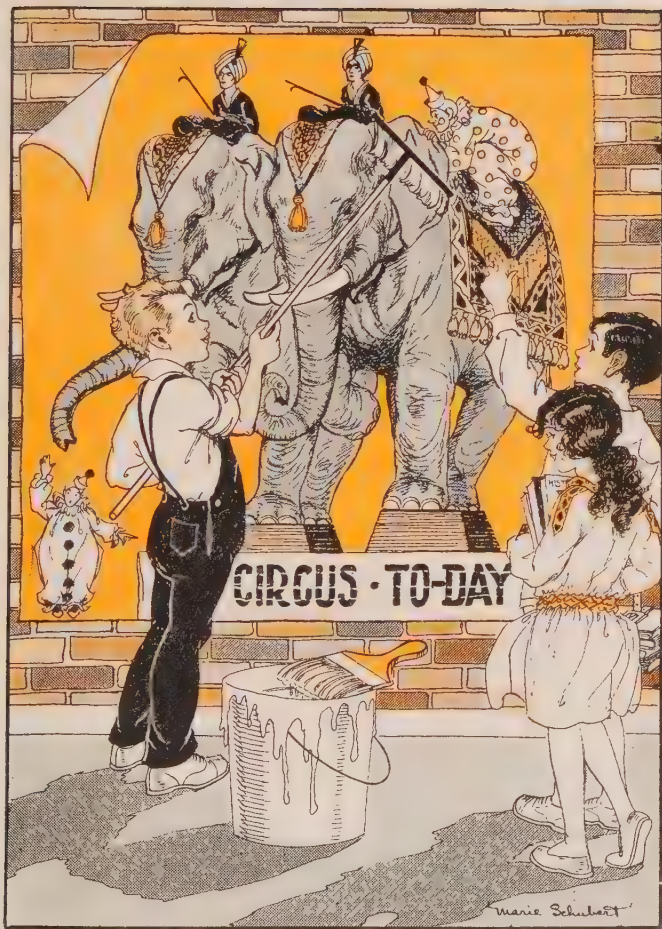
"So do I," said Charley. 

"I will be a lion, and roar," said Harry.

"I will be a tiger," said Fred. "I'd like to have a striped coat like a tiger."

"Why not have animals from the farm, too?" asked Sam Slim.

"Yes, let's do," said Mary. "I will be a cow and say moo-oo." 



PUTTING UP A CIRCUS POSTER

"I'd like to be a sheep," said Betty.

"Who will be a pig?" asked the King.

"I will," said Tommy, and he began to grunt like a pig. All the children laughed.



"We'll have to have chickens," said Alice. "I will be a chicken."

Bob and Sam Slim wished to be horses. They began to run and prance as horses do.



"Let's pretend that the animals can talk. Then let each one tell what it is good for," said Bob.


"Oh, that will be fun," said the children.

For two or three days the children in Good-Habit Land were busy getting ready for the parade.

Bob and Sam made a harness of strings and leather straps. They were hitched to a chair for a wagon.

Mary made some paper horns and fastened them to her head.

Billy and Charley made clown suits of black and white cloth. They put white powder on their faces and made their lips very red.

Other children made themselves costumes of paper. 

At last they were ready to have the parade. The animals made a terrible noise. The lion roared, the tiger snarled, the chicken cackled, the horses snorted, the cow moo-ed, the pig grunted, the sheep baa-ed, and the clowns ran around among the animals and played tricks.

The parade marched by the King. He told everybody to keep still. Then, as each animal passed him, he asked what that animal was good for.

The lion said, "I am king of the forest. Other animals fear me."



The tiger said, "I am fierce. I am no friend to man."



The cow said, "I am a friend to man. I give him milk. I even give him my life, so that he can have meat to eat."

The chicken said, "I lay eggs for people to eat. Eggs make them strong."

The pig said, "I give ham and bacon."

The horses said, "We pull the wagon that carries food to town. We draw the plow that breaks up the field, so that man can plant his crops."



The sheep said, "My wool makes clothes for man, to keep him warm. I also give meat for people to eat."

Then the King asked the clowns what they were good for.



"We make people laugh, and that keeps them happy," said the clowns. "When people are happy, they are healthy."

"That is true," said the King. "We need the food that these animals give us. But we also need to have fun, for fun keeps us healthy and happy."

Everybody liked the parade. After all the animals had passed by the King, the clowns shouted "Halt." They waved their sticks, and turned the animals into children again.

“Animals stand on four feet,” said the clowns, “but people stand on two feet. Let’s see if you can stand as people should. Hands by your sides. Hold up your heads. Lift your chests.”

The clowns looked closely at each child to see if he was standing properly.

“Stand on both feet,” said Billy.

“Stand straight; don’t bend over,” said Charley.

“That is good,” said the clowns. “You look like people now. Let’s see if you can sit as people should.”

Some of the children leaned over when they sat.



“That won’t do,” said Billy. “Stiffen your backbone. Hold yourself straight. If you bend, you can’t breathe right.”

“Old Man Rough may get you, if you don’t keep your chest full of air,” said Charley.

The children remembered that bad man, and all sat up straight.

“Now, sir,” said the clowns to the King, “these animals have become people again. They sit as people should. They stand straight, as people should.”

“I am glad of that,” said the King. “They made fine animals, and they make fine people, too.”

“Which would you rather be,” said the King to the children, “people or animals?”



“People,” they all shouted.

“Why?” asked the King. “Animals are very useful, aren’t they?”

“Yes,” said Fred, “but animals have to do what people wish them to do. People can do as they please.”

“Animals can’t learn how to live right, and people can,” said Alice.

“Animals aren’t to blame if they do wrong,” said Harry, “but people are, because they know better.”

“I know how to live better now than I did when I came to Good-Habit Land,” said Billy. “I like to brush my teeth and keep myself clean, because I know it makes me healthy. I feel much better, too.”



“I have learned how to live better, too,” said Sam Slim. “I like to eat food that will make me strong, instead of eating candy all the time.”

"You aren't Sam Slim any more," said the King. "We shall have to give you a new name. We shall call you Sam Strong."



"Well, I know I am happier here than in Bad-Habit Land," said Charley. "We never took any exercise there. We lived in houses with the windows shut. The sunshine and fresh air could not get in. We did not keep clean. We felt tired and half sick all the time. Here I always feel well."

"I am glad you boys like to live with us," said the King. "We liked the parade, and I am glad you all had a good time. But now it is time to get to work. Work and play make up our day."



So the King and the children marched
back to their work, singing as they
went:

(Tune of "Yankee Doodle")

Work and play make up our day;
We work with right good will, sir.
Good habits help us on our way,
So we are never ill, sir.

You can easily make a play from this story, or
from large parts of it. Name the people in it and
plan a play.



BILLY COMES BACK

“Get up, Billy!” called his mother.

Billy jumped up. He ran into the bathroom, took his bath, and cleaned his teeth. He was a very tidy-looking boy when he sat down to breakfast.

His mother looked surprised, for she always had to tell Billy to brush his hair or wash his face. She smiled at him and said, “How nice and clean you look this morning!”

“Oh, Mother,” cried Billy, “I’ve had a wonderful trip. I’ve been to Good-Habit Land with the King and Harry and Fred Clean-Face and all the other boys and girls. We had a fine time!”

He told his mother some of the things that had happened in Good-Habit Land, the things you have read about in this book.



“Why, what a wonderful dream you have had,” said his mother.

“Was it a dream, Mother?” Billy asked. “It seemed so real I thought it all happened.”



“I am glad that it was real enough to make you remember it,” she said. “Try to keep those good habits you learned in Good-Habit Land. Then I shall have a nice, healthy boy.”



She kissed Billy as she said this.

“I’ll try, Mother,” said the little boy. “I’ll really try to do all of the things I learned in Good-Habit Land.”



AFTER THE TRIP TO GOOD-HABIT LAND

He did try, and most of the time he remembered. He kept himself clean, he ate good food, he took exercise in the open air and the sunshine, and he was always well. He was happy, too. Both Billy and his mother were glad that he had made the trip to Good-Habit Land.





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